



STILL POINT PRACTICE | ONE PAGE REFERENCE

*A One Page Reference, five essential frameworks in one place
Keep this open while reading, teaching, facilitating, or preparing a difficult conversation.*

01

THE BELONGING HEALTH SPECTRUM

Where does belonging currently stand?

Protective Survival • Fragmented Belonging • Quiet Strain •
Functional but Guarded Belonging • Integrated Belonging

02

FIVE BELONGING DOMAINS

What maintains belonging?

Voice Without Fear • Power Used with Integrity • Identity and Human Dignity •
How Conflict Is Handled • Leadership and Moral Courage

03

FIVE SIGNALS TO WATCH

What does it look like when belonging is weakening?

Eroding Trust • Carried Tension • Suppressed Expression • Emotional Labor •
Conflict Displacement

04

FIVE RESPONSES TO STRAIN

How do people naturally respond to relational strain?

Resolution • Understanding • Clarity • Safety • Harmony

05

THREE CONVERSATIONS

What are we actually discussing?

What Happened • Feelings • Identity

Adapted from Stone, D., Patton, B., and Heen, S. *Difficult Conversations*. Penguin, 1999.

CONNECTION • TRUST • BELONGING